

GYM SCHEDULE

North Suburban YMCA
February 17th-February 23rd



| | Monday 2/17 | Tuesday 2/18 | Wednesday 2/19 | Thursday 2/20 | Friday 2/21 | Saturday 2/22 | Sunday 2/23 |
|----------|--|---|--|---|--|-------------------------------------|--|
| 5:30 AM | | | | | | | |
| 6:00 AM | | | | | | | |
| 6:30 AM | | Open Gym 5:30 - 7:30 AM | Open Gym 5:30 - 7:30 AM | Open Gym 5:30 - 7:30 AM | | | |
| 7:00 AM | Open Gym 5:30 - 8:45 AM | | | | Open Gym 5:30 - 8:45 AM | Open Gym 6:00 - 8:45 AM | |
| 7:30 AM | | | | | | | |
| 8:00 AM | | | | | | | |
| 8:30 AM | | | | | | | Open Gym 8:00 - 10:00 AM |
| 9:00 AM | Total Body Conditioning 9:00 - 10:00 AM | | Total Body Conditioning 9:00 - 10:00 AM | | Total Body Conditioning 9:00 - 10:00 AM | | |
| 9:30 AM | | | | | | | |
| 10:00 AM | Pickleball ** LEVEL 2** 10:00 AM - 1:00 PM | | | | Open Gym 10 AM - 11:30 AM | | Pickleball Mixed Levels 10 AM - 12:00 PM |
| 10:30 AM | | | | | | | |
| 11:00 AM | | | | | | | |
| 11:30 AM | | RESERVED FOR OST/CAMP 7:30 AM - 4:15 PM | RESERVED FOR OST/CAMP 7:30 AM - 4:15 PM | RESERVED FOR OST/CAMP 7:30 AM - 4:15 PM | | Sports Classes 9:00 AM - 2:00 PM | |
| 12:00 PM | | | | | | | Open Family Gym 12:00 - 1:00 PM |
| 12:30 PM | | | | | | | |
| 1:00 PM | | | | | | | |
| 1:30 PM | RESERVED FOR FAMILY PROGRAM 1:00 - 3:00 PM | | | | RESERVED FOR OST/CAMP 11:30 AM - 4:15 PM | | Birthday Parties 1:00 - 3:00 PM |
| 2:00 PM | | | | | | Open Family Gym 2:00 - 3:00 PM | |
| 2:30 PM | | | | | | | |
| 3:00 PM | | | | | | | |
| 3:30 PM | Open Gym 3:00 - 5:00 PM | | | | | | |
| 4:00 PM | | | | | | Open Gym 3:00 - 6:00 PM | Open Gym 3:00 - 6:00 PM |
| 4:30 PM | | | Open Gym 4:15 - 6:00 PM | Open Gym 4:15 - 6:00 PM | Family Gym 4:15 - 5:15 PM | | |
| 5:00 PM | Family Gym 5:00 - 6:00 PM | | | | | | |
| 5:30 PM | | | | | Pickleball Mixed Levels 5:15 - 6:45 PM | | |
| 6:00 PM | | | | | | | |
| 6:30 PM | | Open Gym 4:15 - 9:30 PM | Adult (16+) Pick-up Volleyball 6:00 - 9:00 PM | Special Olympics 6:00 - 7:30 PM | | | |
| 7:00 PM | | | | | | | |
| 7:30 PM | Open Gym 6:00 - 9:30 PM | | | Badminton (16+) 7:30 - 9:00 PM | | | |
| 8:00 PM | | | | | | | |
| 8:30 PM | | | | | | | |
| 9:00 PM | | | | | | | |
| 9:30 PM | | | | | | | |

Gym Schedule is subject to change based on programming needs. Thank you for understanding!

www.ymcaboston.org/northsuburban

Please call ahead for availability: 781-935-3270

ADULT SPORTS: (Including Pickleball, Volleyball & Badminton):
Sign up is required in the App or Motionvibe

FAMILY GYM: This is a structured time run by staff, for families to play games and exercise. Nets can be adjusted, and a variety of activities will be available- basketball, pickleball, volleyball, scooter races, obstacle courses etc.

OPEN FAMILY GYM: Gym time for caregivers and their children to exercise and play games. This is not staffed. There will be equipment available (basketballs, bowling set etc.

REGISTER HERE!

